

### The TMJA Continues Our Important Work: Introducing Our New President



We are pleased to announce **Allen W. Cowley, Jr., PhD.**, as The TMJ Association's (TMJA) new president, succeeding his [late wife, Terrie Cowley, the Association's co-founder.](#)

Dr. Cowley has an illustrious research career, with over 400 scientific publications, particularly in hypertension and kidney disease. He has served as President of both the American Physiological Society (APS) and the International Union of Physiological Sciences (IUPS). A long-time research grantee of the National Heart, Lung, and

Blood Institute, Dr. Cowley has received top honors from the American Heart Association and the American Physiological Society.

Throughout his career, Dr. Cowley has significantly contributed to The TMJ Association's mission. He often accompanied his wife to Washington, D.C., to meet with health agency leaders and legislators. He has been an active member of the TMJA Board of Directors, Chair of its Scientific Advisory Board, and Program Chair for eight international TMJ research meetings co-funded with the National Institutes of Health (NIH) since 2001.

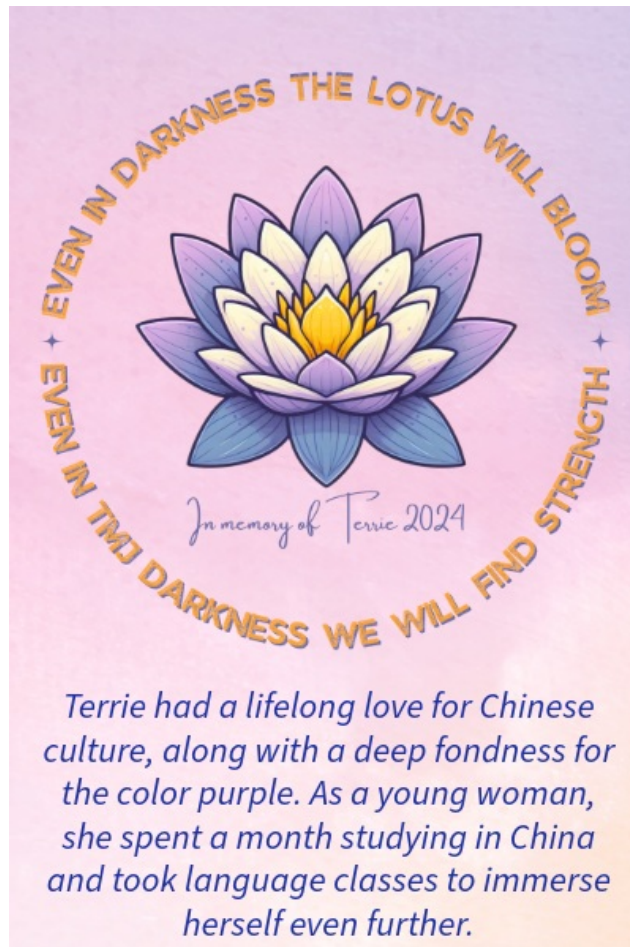
Following Terrie Cowley's passing in July 2024, Dr. Cowley was unanimously elected President by TMJA's Board of Directors. He has been deeply involved in initiatives like the FDA's TMJ Patient-Led RoundTable and the TMJ Medical Device Epidemiology Network (MDEpiNet) project, aiming to improve TMD treatments and establish a national TMJ patient registry. Additionally, he is a member of the Forum on Temporomandibular Disorders at the National Academies of Sciences, Engineering, and Medicine, where he advocates for increased research funding and better treatment options.

Through her years of interaction and experience with TMJ patients, Terrie recognized the benefits of a team approach in addressing patient needs. Her legacy includes successfully fostering connections between medical and dental educational institutions, as well as with other professionals such as physical therapists. As a highly respected professor at the Medical College of Wisconsin, Dr. Cowley is well-positioned to continue her innovative work,

promoting interdisciplinary collaboration and ongoing education for healthcare professionals to advance the understanding and treatment of TMJ disorders.

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## November is TMJ Awareness Month!



**November marks TMJ Awareness Month.** During this month, we will share daily social media posts on research and content that sheds light on the reality of TMJ conditions.

We encourage you to follow us and share our posts with your friends and family to help raise awareness during the month of November. TMJA can be found on [Facebook](#) and [Instagram](#).

Also, [explore the TMJA Store](#), featuring our 2024 TMJ Awareness lotus flower. We created this design in tribute to our president and co-founder, Terrie Cowley. Your purchase not only allows you to support our cause but also helps raise awareness.

We extend our heartfelt thanks to our team of volunteers, Lisa S., Adriana, Lisa B. and Florin, for their help with this effort!

*To honor our president and co-founder, Terrie Cowley, raise awareness and funding for TMJ patient advocacy and research, we are offering a variety of lotus-themed items in our store. A portion of every sale goes back to the TMJA.*

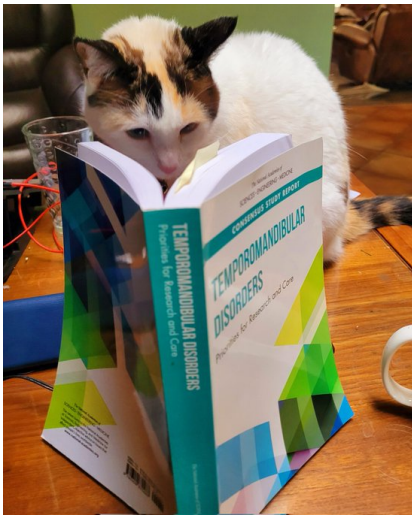


*Like the lotus flower that blooms in the dark, those who endure TMJ pain still find their way to strength and grow despite obstacles.*



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## 2020 National Academies of Sciences, Engineering, and Medicine Report on TMD



*In response to TMJA's pressing advocacy efforts, in 2019, the prestigious [National Academies of Sciences, Engineering and Medicine \(NASEM\)](#) undertook a comprehensive study of temporomandibular disorders (TMDs).*

These disorders are conditions of pain and dysfunction associated with the temporomandibular (jaw) joint and related muscles and tissues. At the request of the National Institute of Dental and Craniofacial Research and the Office of the Director of the National Institutes of Health, the NASEM study assessed the current state of TMD research, education, care, as well as its public health significance. The report identified multidisciplinary approaches necessary for the development and implementation of safe and effective clinical treatments for TMD, and strategies to advance TMD research and education.

[Click here to read the 2020 NASEM consensus report on TMD.](#)

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## New NIH Funding Opportunity Announcement

*One of the key recommendations of the National Academies report was directed to the NIH to advance TMD research. We are pleased to share the following announcement of the TMD IMPACT initiative, which is a multi-institute and inter-agency program.*

### **Notice of Funding Opportunity Invites for Applications: TMD Collaborative for IMproving PATient-Centered Translational Research (TMD IMPACT) (U54 Clinical Trial Optional)**

This Notice of Funding Opportunity (NOFO) invites applications for the [Temporomandibular Disorder \(TMD\) Collaborative for Improving Patient-Centered Translational Research \(TMD IMPACT\)](#). The purpose of this NOFO is to establish a national, interdisciplinary, patient-centered research collaborative that will advance TMD basic and clinical research, research training, and translation to evidence-based treatments and improved clinical care. TMD IMPACT is a collaborative agreement (U54) and each Center will be composed of an Administrative Core; Bioinformatics/data science Core; Outreach, Training, and Education Core; and one to three Research Projects.

The application deadline is **January 10, 2025**. For additional details please see the NOFO: <https://grants.nih.gov/grants/guide/rfa-files/RFA-DE-25-003.html>.

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# National Academies of Sciences, Engineering and Medicine Creates a Forum on TMD

Since the release of the NASEM report, TMJA has been working diligently to further the implementation of the recommendations. The establishment of a Forum by NASEM provides a mechanism and a neutral setting in which the full spectrum of public and private sector experts and stakeholders can explore opportunities for collective action to improve temporomandibular disorder research and care. The Forum will consider emerging issues involving TMDs, facilitate cross-sector action, and foster long-term multidisciplinary relationships – all focused on improving research and care for people living with TMDs. TMJA’s new president, Allen Cowley, is a member of the Forum.

More information about the TMJ NASEM Forum is available at:

<https://www.nationalacademies.org/our-work/forum-on-temporomandibular-disorders>

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## Two NASEM's Public Workshops Feature TMD

On June 5, 2024 the Forum on Temporomandibular Disorders hosted a public session with invited speakers to discuss opportunities and challenges in interprofessional TMD education and training. Speakers also considered clinical practice, research, and care guidelines for TMD. [Watch the workshop recording.](#)

On October 1st, a separate public workshop was held to examine opportunities in regenerative medicine for addressing current gaps in basic science, translational research, and related therapies that, if not considered, may result in health care disparities for women. **Dr. Alejandro Almarza**, Professor in the Department of Oral and Craniofacial Sciences at the University of Pittsburgh, presented his team's latest research on developing a new TMJ disc. [Click here to watch Dr. Almarza's talk.](#)

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## Ethics of a Second Opinion in the TMD Field

*The following editorial by Dr. Charles Greene recently appeared in CRANIO®: The Journal of Craniomandibular & Sleep Practice. It explores the ethical responsibilities of providing second opinions in the complex field of temporomandibular disorders and concludes with a dedication to the memory of Terrie Cowley, the TMJA's Co-founder and president.*

### **“The emperor’s new clothes” - Reflections on the ethics of second opinions in the TMD field**

This journal has been around for over 40 years, and as most readers know there has been a recent major change in the editorial management and policies of this publication. A series of editorials has laid out some of the core philosophies as well as some of the current concepts that characterize this new version of CRANIO. One of the most recent ones dealt with issues surrounding the title topic: “The professional burden of protecting TMD patients.” This

editorial addressed many of the responsibilities we all have to not only provide appropriate care for those patients, but at the same time we must protect them from some of the potentially harmful treatment philosophies that permeate this specialty. In the current editorial, I will address one aspect of “protection” that was not covered in the earlier piece, i.e., the need to provide totally honest second opinions when TMD patients seek to find out if choices previously presented to them are reasonable and appropriate in the 21st century.

Every dentist who is seriously involved in the diagnosis and treatment of temporomandibular disorders (TMDs) has faced the challenge of providing second opinions to patients. Some of those patients may come in early, following a diagnostic visit with another practitioner, while others might come in the midst of a treatment process. Because of the well-known diversity of professional concepts and practices in this field, an astonishing variety of proposed diagnostic procedures and treatment plans may be encountered. The issue to be discussed here is: how should we react to these diverse reports?

The American Dental Association has a Code of Ethics which is quite extensive and is based on a number of familiar ethical concepts. But underlying that code (and others like it in other parts of the world) is an unwritten axiom: “Thou shalt not speak ill about thy brothers.” This means that it might be okay to disagree with what is being reported to you, but you should find a way to convey that opinion without impugning the intentions or reputation of the previous practitioners. The rationale for this approach is usually based on some reasonable, but simplistic, arguments – e.g., you don’t know under what conditions the other person was working; there may be several valid ways to solve a problem; choices were presented, but not all were remembered by the patient; etc. [Click here to read full article and Dr. Greene's dedication to Terrie.](#)

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## Congressional Lunch and Learn Features TMD

A Congressional Lunch and Learn Zoom session was held earlier this year in which attendees learned about Temporomandibular Disorders. We applaud Dr. Suzie Bergman who has been an advocate for raising awareness about temporomandibular joint issues and the National Institute of Dental and Craniofacial Research for including TMD in this educational event.



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## CBS/KFF Health News Investigation

Earlier this year, *CBS Mornings* and *KFF Health News* released an investigative report on TMJ, which we shared with you in our April issue of *TMJ News Bites*. [If you missed this article, you can view the KFF Health News article here.](#) The CBS video is below.



On July 11th, CBS/KFF Health News added another segment looking at the out-of-pocket costs associated with TMJ treatments. [View the article KFF](#)

[Health News article here](#) and watch the CBS Mornings video below:



## Research Studies Recruiting TMJ Patients

### University of Illinois Chicago Study of Social Media's Influence

YOUR OPINION MATTERS! Hello everyone! This is oral and maxillofacial surgeon Dr. Elbir. We are conducting a research project at the University of Illinois Chicago involving patients with TMJ problems, specifically those who have undergone or are going to undergo TOTAL JOINT REPLACEMENT of the TMJ. Our aim is to evaluate the effect of social media on patients' choice of surgeon.

If you meet the criteria and are willing to participate in this scientific project, please take 2 mins of your time to answer this short survey of 10 simple questions here: [https://uic.ca1.qualtrics.com/jfe/form/SV\\_6Rtgu9RsKf7xGYK](https://uic.ca1.qualtrics.com/jfe/form/SV_6Rtgu9RsKf7xGYK).

Your answers will remain completely anonymous and this data is not going to be used for any other purpose. After a 3-month period of data collection, an article is planned to be published in one of the most respected journals in the field of oral and maxillofacial surgery. Thank you for your valuable contribution to science!

### About The TMJ Association ... *Changing the Face of TMJ*

The TMJ Association, Ltd., is a nonprofit, patient advocacy organization whose mission is to improve the quality of health care and lives of everyone affected by Temporomandibular Disorders (TMJ). For 35 years, we have shared reliable



information on TMJ with people like you. We invite you to visit our website,  
[www.tmj.org](http://www.tmj.org).



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